



METROWEST YMCA

Personal Trainer: CRIS R.

EXPERIENCE/AREAS OF EXPERTISE:

I was the former general manager of a health club with multiple years of experience in group training, personal training, and client development. I previously worked at Orangetheory Fitness and completed an internship at Velocity Sports Performance in Norwood.

My areas of expertise include strength training, functional training, kettlebell training, youth and adult group fitness, sports performance, and general health coaching.

Education & Certifications:

NASM Certified Personal Trainer – National Academy of Sports Medicine

CPR & AED Certified American Heart Association

Kettlebell Concepts Certified

Bachelor's Degree in Exercise Science – Lasell University

ACTIVITIES/HOBBIES/INTERESTS:

Soccer, hiking, weightlifting, volleyball, outdoor adventures, and anything that promotes movement and overall wellness.

PHILOSOPHY:

Exercise is medicine. I believe in using movement as a way to heal, energize, and build resilience—physically and mentally.

Ready to get started? Fill out this form:

Personal Training Interest Form